



(Two that claim water resistance with no specified time were tested for 40 minutes.)

We also checked whether the sunscreens stained cotton, polyester, a rayon/spandex blend, and a nylon/spandex blend. Our sensory testers also said how the products felt and smelled.

What we found. No one type—spray, cream, or lotion—protected best. Although most products were excellent against UVB rays before water immersion, three were just OK, and some lost effectiveness after dunking. Post-immersion, All Terrain's SPF was on average about 10 percent below its claimed 30. Most were very good against UVA rays, but Avon was merely fair. (It's a sunscreen and bug spray in one, not the best idea: In reapplying it for sun protection, you might overdo bug protection.)

Some sprays took more than 30 seconds to dry, but Coppertone SPF 30, a top pick, dried especially fast. Many products had the familiar scent associated with summer, but Soleo smelled a bit like plastic plus stale cooking oil. All of the more effective sunscreens tended to stain cloth.

What's inside. Almost every tested sunscreen contains some ingredients associated with adverse health effects in animal studies. Oxybenzone and other endocrine disruptors may interfere with hormones in the body, and nanoscale zinc and titanium oxides are linked to problems such as potential reproductive and developmental effects.

Retinyl palmitate (look for it among inactive ingredients), a type of topical vitamin A, is an antioxidant that animal studies have linked to an increased risk of skin cancers. In skin, it converts readily to retinoids, associated with a risk of birth

defects in people using acne medications containing them. As a precaution, pregnant women may want to avoid sunscreens with retinyl palmitate. (They're footnoted in the Ratings.)

More research is needed, but as of now, the proven benefits of sunscreen outweigh any potential risks.

Bottom line. Don't rely on sunscreen alone. Wear protective clothing and limit time in the sun. Your sunscreen should be water resistant, with an SPF of at least 30.

Above 30, there's not much more protection. You need to reapply any sunscreen every 2 hours or so anyway and after swimming or sweating. Use 2 to 3 tablespoons of a lotion on most of your body, or "spray as much as can be evenly rubbed in," says Jessica Krant, M.D., a board-certified dermatologist, "then go back over every area and spray them all completely again."

Don't pay too much. La Roche-Posay, \$18.82 per ounce (yes, you read that right), scored lower overall than No-Ad, 59 cents.



Ratings

In order of overall score.

CR Best Buy Recommended

Excellent Very good Good Fair Poor

Recommendation	Product	Cost per oz.	Type	Overall score	Test results			
					UVA	UVB	UVB after water	Staining
					0	100		
P F G V E								
SPF 30								
<input checked="" type="checkbox"/>	Banana Boat Sport Performance SPF 30 ⁽¹⁾	\$1.60	spray	87	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
<input checked="" type="checkbox"/>	Coppertone Sport Ultra Sweatproof SPF 30 ⁽¹⁾	1.67	spray	87	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
<input checked="" type="checkbox"/>	CVS Fast Cover Sport SPF 30	1.33	spray	87	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
<input checked="" type="checkbox"/>	Up & Up Sport SPF 30 (Target)	0.88	spray	87	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Soleo Organics All Natural SPF 30+	6.23	lotion	83	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Badger SPF 30	4.83	lotion	78	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Hawaiian Tropic Island Sport SPF 30 ⁽¹⁾	1.62	spray	77	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Avon Skin-So-Soft Bug Guard plus IR3535 SPF 30	3.50	pump	62	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	All Terrain AquaSport performance SPF 30	1.83	lotion	52	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Burt's Bees Chemical-Free SPF 30	4.00	lotion	47	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
SPF 40 to 50								
<input checked="" type="checkbox"/>	No-Ad with Aloe and Vitamin E SPF 45 ⁽¹⁾	0.59	lotion	89	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
<input checked="" type="checkbox"/>	Equate Baby SPF 50	0.63	lotion	87	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
<input checked="" type="checkbox"/>	Walgreens Sport SPF 50	1.33	spray	87	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
<input checked="" type="checkbox"/>	Ocean Potion Kids Instant Dry Mist SPF 50	1.33	spray	84	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Coppertone Water Babies SPF 50	1.38	lotion	82	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Bull Frog Marathon Mist With UV Extender SPF 50	1.83	spray	82	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	La Roche-Posay Anthelios SPF 40	18.82	cream	79	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Neutrogena Ultra Sheer Body Mist SPF 45 ⁽¹⁾	1.90	spray	79	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
SPF 50+								
<input checked="" type="checkbox"/>	Banana Boat Sport Performance SPF 100 ⁽¹⁾	2.25	lotion	87	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Aveeno Continuous Protection SPF 85	3.00	lotion	82	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Coppertone UltraGuard SPF 70+	1.62	spray	74	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
	Neutrogena Sensitive Skin SPF 60+ ⁽¹⁾	3.33	lotion	60	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>

¹ Contains retinyl palmitate, which pregnant women may want to avoid. ² Immersed for 40, not 80 minutes. ³ Doesn't claim water resistance.

There's more hummus among us

This mix of cooked mashed chickpeas, tahini (a sesame paste), oil, lemon juice, salt, and garlic originated in the Middle East but has become increasingly popular in the U.S., where (as with blueberry bagels) flavors heretical to purists have cropped up. Among those are chipotle, pizza, and even peanut butter. Our trained tasters tried 10 traditional types.

What we found. None has the fresh lemon or garlic notes that would make it seem homemade, but four are very good—clearly better than the lowest-rated product, Trader Joe's, which has a sour dairy flavor. In the chart, you'll find descriptions of how each hummus tastes.

When it comes to nutrition, only Wild Garden earns a score of Very Good, but it tastes just so-so. The rest earn a nutrition score of Good. They have 50 to 80 calories

per 2-tablespoon serving, along with 3 to 7 grams of fat, minimal saturated fat, and 95 to 160 milligrams of sodium.

Bottom line. Cedar's Naturally Delicious (it has no preservatives) and Simply Delicious are best overall. If you're really hot for hummus, consider buying Hannah Classic from Costco, which comes in a 32-ounce tub and is the cheapest of all at 19 cents a serving. For the freshest hummus, make your own. The following recipe yields about 2 cups:

In a food processor, blend 2 garlic cloves, 6 tablespoons fresh lemon juice, and 3 tablespoons water for 30 to 60 seconds. Add a 19-ounce can of chickpeas (drained), alternating with $\frac{1}{2}$ cup tahini. With the motor running, add $\frac{1}{4}$ cup olive oil. Purée until smooth, adding more water if needed. Stir in $\frac{3}{4}$ teaspoon salt.



Ratings

In order of taste quality.

Product	Per 2 tablespoons				Taste
	Cost	Calories	Fat (g)	Sodium (mg)	
VERY GOOD					
Cedar's Naturally Delicious Original	34¢	60	4.5	115	Thick, creamy. Balanced, clean flavors, with moderate tahini.
Cedar's Simply Delicious Original	35	60	4.5	115	Thick, creamy. Balanced, moderate tahini and slight oil flavors. Milder than most.
Tribe Origins Classic	32	70	6	130	Thick, creamy. Slightly chalky. Big tahini flavor, slight toasted note.
Hannah Classic (Costco)	19	80	7	135	Thick, slightly chalky. Moderate tahini and garlic flavors.
GOOD					
Archer Farms Traditional (Target)	42	60	4	95	Thick, somewhat grainy, with chunks. Moderate cumin and garlic flavors.
Sabra Classic	41	70	6	120	Creamy with some small bits. Moderate tahini and big garlic flavor.
Tribe Classic	29	50	3.5	130	Thick, slightly chalky; some small bits. Slightly more sour than others, slight cumin flavor.
Athenos Original	31	50	3	160	Somewhat grainy, with chunks. Moderate cumin and garlic. Strong dehydrated garlic flavor in some samples.
Wild Garden Traditional	28	35	2	70	Slightly chalky. Very little tahini and garlic flavors, slight cumin. Tinny/metallic off-note.
Trader Joe's Classic Smooth and Creamy	31	80	5	140	Creamy, almost whipped. Sour dairy, very little garlic flavor.



We test sunscreens

In tests of 22 sprays, creams, and lotions, we found nine that provided excellent protection against UVB radiation (which causes sunburn) even after immersion in water, along with very good protection against UVA radiation (which penetrates deeper than UVB, tanning and aging skin).

How we tested. We had an outside lab determine whether products met their labeled sun protection factor (SPF), which refers to UVB rays, and how well they blocked UVA. Although the Food and Drug Administration proposed a one- to four-star labeling system for UVA protection in 2007, it's still not in effect, and most tested products simply claim "broad-spectrum protection."

Most claim water resistance for 80 minutes. We applied those to volunteers' backs; their backs were submerged in water for 80 minutes and then exposed to UV rays.

Mole or melanoma?

Healthy moles are usually small, one color, and circular or oval, with a well-defined border. Troublesome moles tend to have one or more of these A, B, C, D, E characteristics:

- **Asymmetry** (one half is unlike the other)
- **Border** (irregular, scalloped, undefined)
- **Color** (varies, but often shades of tan, black, brown; sometimes white, red, or blue)
- **Diameter** (larger than a pencil eraser)
- **Evolving** (changing in color, shape, size)